

**35<sup>th</sup> Annual SCAN Symposium**  
***Navigating the Path of Wellness***  
Phoenix, Arizona  
April 26-28, 2019

**Request for Speaker Proposals**

The 35th Annual Sports, Cardiovascular, and Wellness Nutrition (SCAN) Symposium, **Navigating the Path of Wellness**, will be held in **Phoenix, Arizona, April 26-28th, 2019**. The goal of the 2019 symposium is to explore evidence-driven wellness/well-being approaches and techniques complimentary to medical nutrition therapy and nutrition counseling for sports and cardiovascular nutrition to improve overall performance, health, and quality of life. The Symposium will have a strong emphasis on practical applications, skills, and knowledge that can be integrated into each of SCAN's practice areas of sports, cardiovascular health, and wellness.

Wellness encompasses many dimensions to include: emotional, physical, intellectual, spiritual, environmental, occupational, and social aspects all of which may impact food intake, nutritional status, disease risk and performance. By integrating best practices within these different areas of wellness, the RDN will have more tools to support clients, patients, and athletes.

The symposium will be held at the **Pointe Hilton Tapatio Cliffs Phoenix Resort** which is the perfect venue for the theme of the 35<sup>th</sup> Annual SCAN Symposium. The resort is situated among the scenic North Phoenix Mountain Preserves just north of the city center. Miles of trails extend just steps outside the resort which includes access to the Christiansen Memorial Trail (Trail 100) with access to Lookout Mountain and Shaw Butte. The resort has outdoor activities all year long and has several pools on site plus the Falls Water Village. The Symposium program will allow ample opportunity to experience hiking, trail running, yoga, and tennis with options for mountain biking, golf, and horseback riding, and access to the resort's fitness and wellness centers.

**Section I: Proposal Guidelines and Speaker Benefits**

All proposals are due by **August 1<sup>st</sup>, 2018**, please submit to SCAN at [info@scandpg.org](mailto:info@scandpg.org). A confirmation message will be sent out if document(s) were successfully reserved.

- Agencies and companies seeking to sponsor a session at Symposium **must** contact the SCAN Development Director via email ([development@scandpg.org](mailto:development@scandpg.org)) for Sponsor submission application.
  - **Note:** All sponsored sessions will be subject to the same evaluation criteria and requirements applied to other sessions but will go through a separate application process. Please do not submit your application through this RFP portal.
- All potential conflicts of interest **must** be fully disclosed at the time of proposal submission.
- Only two submissions per individual or group will be considered.
- Proposals from individuals who have not presented at SCAN Symposium in the past two years are particularly encouraged.
- Incomplete proposals that do not follow the guidelines, and those not related to the SCAN Symposium theme will not be considered.
- For accepted proposals with **one speaker**, the speaker will receive complimentary Symposium registration, one nights' lodging at the Symposium hotel, and a \$250 honorarium. Air and ground travel expenses *will not* be covered for any speakers.
- For accepted proposals with **two speakers**, each speaker will receive one nights' lodging at the Symposium resort/hotel, conference registration, and a \$125 honorarium (\$250 split two ways). Air and ground travel expenses will not be covered for any speakers.

***Proposals may not have more than two speakers.***

***Air and ground travel expenses will not be covered for any RFP speakers.***

## **Section II: Suggested Topics**

SCAN is looking for speaker proposals that focus on nutrition and wellness/well-being, with an emphasis in the application to SCAN's practice areas. While all innovative and relevant session proposals are welcomed and will be considered, proposals must be related to wellness/well-being and how it impacts one's nutrition, performance and/or health. Suggested topics are listed below according to the dimensions of wellness but many nutrition-related topics encompass multiple dimensions of wellness.

<b>Emotional:</b>	Habit formation, intuitive eating, body acceptance, skin health, happiness, etc.
<b>Physical:</b>	Interplay with physical activity/inactivity, activities of daily living, yoga, etc. Circadian rhythms, nap therapy, nutrition and nutraceutical approaches to promote sleep, sleep hygiene  Over-training, over-reaching, relative energy deficiency in sport (RED-S) including endocrine disorders, bone health, disordered eating, etc.  Recovery from injury/orthopedic/minor surgery
<b>Intellectual:</b>	Cognitive health, stress management, stimulating mental activities, intellectual wellness, mindfulness
<b>Spiritual:</b>	Yoga, meditation, purpose, personal principles/values
<b>Environmental:</b>	Built environment, environmental influences on food supply, policy, culture change, virtual world
<b>Occupational:</b>	Work-life-balance (for clients and healthcare professionals), self-care/prevention of RDN burnout, social economic status (SES)/financial burdens
<b>Social:</b>	Face-to-face interactions, social networks, social-media platforms
<b>Emerging Science:</b>	Brain-body connections and responses to food cues (related to body weight regulation, eating disorders, etc.), body microbiota, leveraging technology (physical activity monitors, apps, wearables, etc.)

### **Section III: Evaluation Criteria**

Specific proposal evaluation criteria include:

- Consistency of the proposal with all parameters outlined in this Request for Proposal (RFP).
- Relevance of topic to the Symposium theme and one or more of SCAN's practice area(s): nutrition for sports, physical activity, cardiovascular health, wellness, and the prevention and treatment of disordered eating and eating disorders.
- Importance or benefit of the topic to SCAN members.
- Timeliness of topic.

- Substantial published evidence in support of the session (evidence-based), and/or highlighting lack of evidence and research needs related to hot nutrition topics or practice areas.
- Innovative perspective on topic and/or original presentation or teaching approach (e.g., audience engagement, interactive case studies).
- Speaker's experience in topic proposed. Experience can include practice, research, training/education, and speaking in the topic area.

#### **Section IV: Requirements and Notification**

Submit your application to [info@scandpg.org](mailto:info@scandpg.org)

Upload submission on or before **August 1<sup>st</sup>, 2018**

**Notification of decision on all submissions will be sent via email by  
September 28<sup>th</sup>, 2018**

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